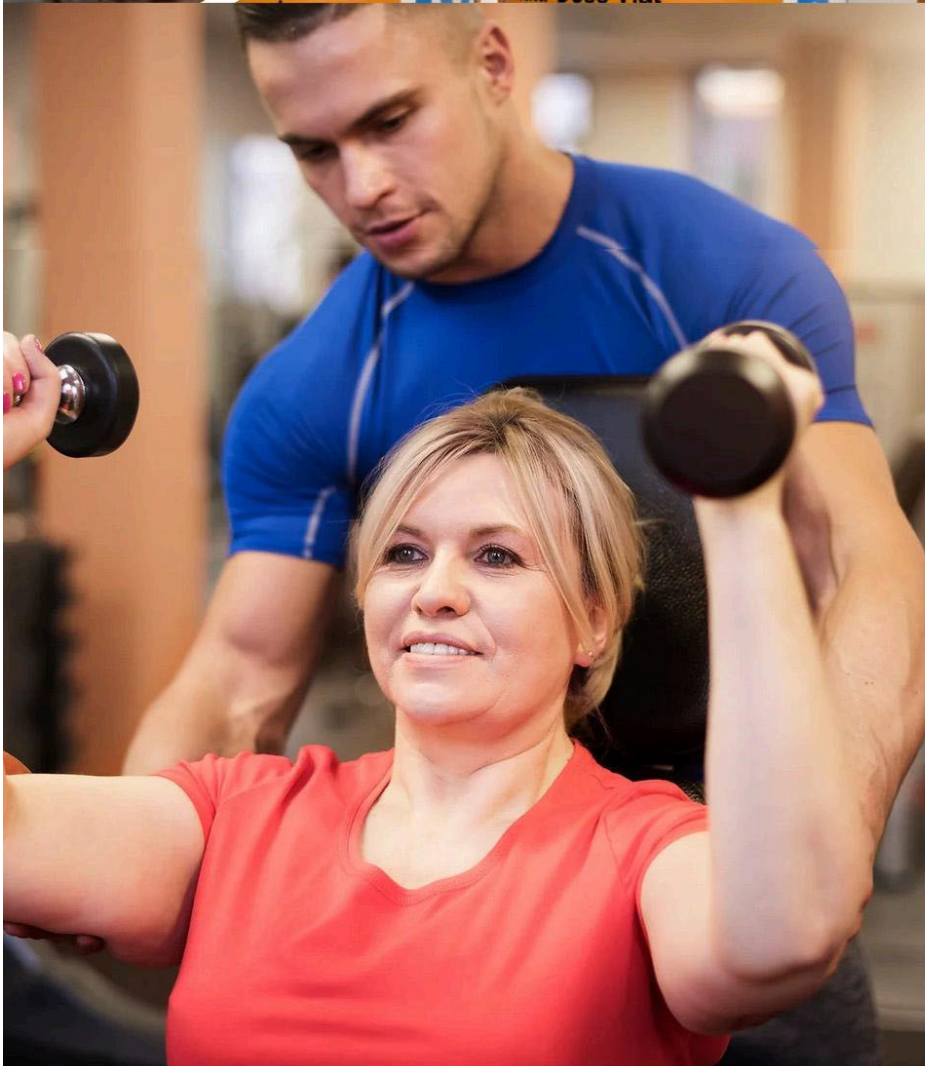


EXHIBIT B


[ABOUT US](#)
[WEIGHT LOSS](#)
[GLP-1 MEDS](#)
[CHAT WITH DR. PAUL](#)
[MEDIA](#)
[LOCATIONS](#)


GLP-1 Medication Program Philosophy

GLP-1 Medications can be effective at both helping our patients get a jumpstart on weight loss and improved health, and working through a possible plateau in a weight loss journey. However, these medications are not without potential downsides. Downsides include:

- Medication side effects
- Muscle mass loss while taking the medication
- Weight being regained when the medication is stopped.

Dr. Paul believes that for most patients, GLP-1 medication use should be for limited periods of time, and, when possible, at a lower effective dosage. His goal for his patients is to have them meet their weight loss and health goals, and avoid ongoing dependency on medication to maintain weight loss and good health. In other words, as he tells his patients, "Begin With The End In Mind." The end being maintaining a lower weight and improved health well after the medication is stopped.

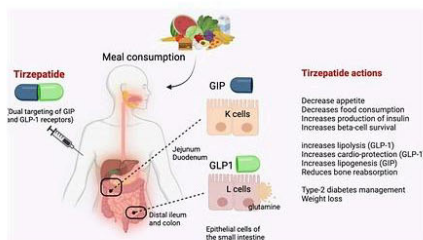
This goal is achieved by our patients because other program components have been implemented during medication treatment, and become habits that are sustained for a lifetime:

- Low Carb Diet
- Intermittent Fasting
- Exercise Regimen with Emphasis on Strength Training

If you are interested in integrating GLP-1 medication in your treatment plan, let Dr. Paul know this at the time of your complementary consultation.



About Mounjaro



What is Mounjaro ?

Mounjaro (tirzepatide) has received much attention recently for its effectiveness as a weight loss medication. Mounjaro is an FDA-approved medication originally prescribed to diabetics for the purpose of controlling blood glucose. This medication (exact same medication) has also been branded as Zepbound when used for weight loss. Compounded Tirzepatide is also available through providers such as Metabolic MD who arrange to have the medication supplied to our patients through licensed pharmacies. Compounded Tirzepatide is prescribed to patients who have specialized dosing needs or specific clinical issues requiring the compounded medication. All three formulations (Mounjaro, Zepbound, Compounded Tirzepatide) are once-weekly injectable medications. When treatment is initiated, they are started as a low dose, and the dose is gradually increased until a therapeutically effective dose is reached. These drugs belong to a class of medications called the "GLP-1 Agonists". They mimic the body's natural GLP-1 gastrointestinal hormones.

In the initial studies on diabetics the GLP-1 medications were found to be very effective at lowering blood sugar with the added benefit of achieving weight loss. After seeing the weight loss these medicines achieved in patients with Type II diabetes, the manufacturer of Mounjaro performed studies seeking FDA approval for the treatment of obesity in nondiabetics. In 2023, tirzepatide was approved for weight loss with the brand name Zepbound, and became available to patients as a once-weekly injection to treat elevated Body Mass Index (BMI). The compounded version, which has the advantage of more succinct titration of dosing, came on the market in 2023 as well.

Of The Three Types of Tirzepatide, Which Is the Right One for Me?

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The type of Tirzepatide prescribed to a patient is dependent on both that person's medical conditions and need to titrate medications up and down precisely.

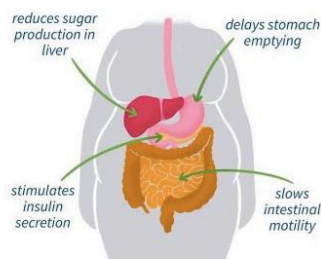
For diabetics, Mounjaro is usually the most appropriate medication, and is usually covered by insurance. Out of pocket costs are often low. For patients who are not diabetic, however, insurance coverage for Mounjaro is limited.

Zepbound can be prescribed for obesity or for overweight individuals who are not diabetic. However, insurance coverage for Zepbound is very limited. In our experience, only 5-10% of private health insurances cover Zepbound. Medicaid and Medicare do not cover Zepbound, and only very generous privately insurances provide coverage for this medication.

The cost for the two branded medications (Mounjaro and Zepbound) without insurance coverage can be well over \$1,000 dollars per month.

Tirzepatide, the compounded version of Zepbound and Mounjaro, can be prescribed to patients who are diabetic or not diabetic. Metabolic MD has been providing this medication to our patients since its first availability in 2023. It has been shown to be safe and effective in our patients. However, compounded Tirzepatide is prescribed only to patients who require specialized dosing needs or who have a clinical need requiring this medication.

Schedule online. It's easy, fast and secure.



When & How Should These Medications be Prescribed for Weight Loss?

Metabolic MD prescribes Tirzepatide with a focus on using lower doses and only as part of a comprehensive weight loss and metabolic health program. We use these medications in two instances:

dosing is increased for our patients is individualized and tailored to the needs of each patient. The individualized approach allows us to maximize the benefits of the medication while keeping side effects to a minimum.

Metabolic MD also has a philosophy of utilizing the lowest dose necessary to achieve effective weight loss. This is for two reasons. Avoiding high doses helps to avoid weight regain when patients are titrated back down and off the medication. Also, higher doses of medication can result in significant muscle loss. Lower dosing (in conjunction with the strength training guidance we provide) helps avoid muscle loss. This is especially important for older patients and in women at risk for osteoporosis.

How Do You Administer Tirzepatide (Mounjaro/Zepbound)?

This medication is taken as a once-weekly subcutaneous injection. This injection is self-administered at home with a VERY SMALL (31 gauge) needle into the abdominal area. If the brand name medicines are utilized, they are provided as an injectable pen. If a compounded formulation is provided, it must be drawn up into an insulin syringe from a vial. It is then injected in a manner similar to an insulin injection. The injection cannot be said to be 100% painless, but causes very minimal discomfort for most patients. We walk all our patients through the injection process either in office or by telemedicine.

Who Should Not Use Tirzepatide (Mounjaro/Zepbound)?

There are some situations where Mounjaro is "contraindicated," meaning an individual with a condition should not use this medicine. The major contraindications to treatment are:

- patients with a personal or family history of medullary thyroid carcinoma
- patients with a personal or family history of Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)
- diabetic retinopathy, a type of damage to the eye from diabetes
- a history of recurrent low blood sugar
- recurrent disease of the gallbladder (patients who have had their gallbladder removed are not included in this group)
- decreased kidney function
- pancreatitis
- inflammatory bowel disease
- patients on any medications that lower blood sugar
- patients on the blood thinner coumadin (also called warfarin)

I Have heard Tirzepatide (Mounjaro/Zepbound) Is in Short Supply, and Medication Availability is subject to "Supply Chain" Issues.

Due to the demand for Tirzepatide (Mounjaro/Zepbound) at times these medications have been in short supply. This has been especially true of both Mounjaro and Zepbound. It is less true with the compounded version.

Regarding less expensive Compounded Tirzepatide, Metabolic MD, through our relationship with multiple licensed compounding pharmacies, has not had our patients experience any interruption in timely delivery of their medication. However, any patient choosing to pursue treatment with Tirzepatide should be aware of the potential risk of a supply chain issue, and potential medication unavailability. This is one reason our programs emphasize a comprehensive approach. We believe patients should not become solely dependent on this medication to achieve their weight loss and metabolic health goals.

Metabolic MD Pharmacies Network

To see the compounded pharmacies Metabolic MD utilizes to obtain medications for our patients click here: [INSERT INFO HERE](#)

[DCA PHARMACY](#)

[REDROCK PHARMACY](#)

Is Tirzepatide (Mounjaro/Zepbound) Covered by Insurance?

As mentioned above Mounjaro is covered by most private insurances for those diagnosed with Type 2 Diabetes.

Zepbound is the brand name approved for weight loss in nondiabetics. It can be prescribed to patients with excess weight meeting the high BMI criteria as outlined above. At this time, insurance coverage for Zepbound is very limited, meaning its cost may not be covered by most insurances, including Medicaid, Medicare, and a majority of private insurances.

How Can I Learn More?

If you have an interest in being prescribed Tirzepatide (Mounjaro/Zepbound/Compounded Tirzepatide) as part of a comprehensive weight loss and metabolic health program please contact Metabolic MD at this link for a complimentary phone consultation.

Our initial goal is to work with patients and guide them in the process of determining if they are eligible for insurance coverage of Mounjaro or Zepbound. We will also assess, based on dosing considerations, if compounded medication use is appropriate.

Please click on the above link and complete our short patient inquiry form, and a member of the Metabolic MD team will

be in touch with you to arrange your no cost phone consultation. This form is also on our website under the Contacts Tab.

Pharmacies

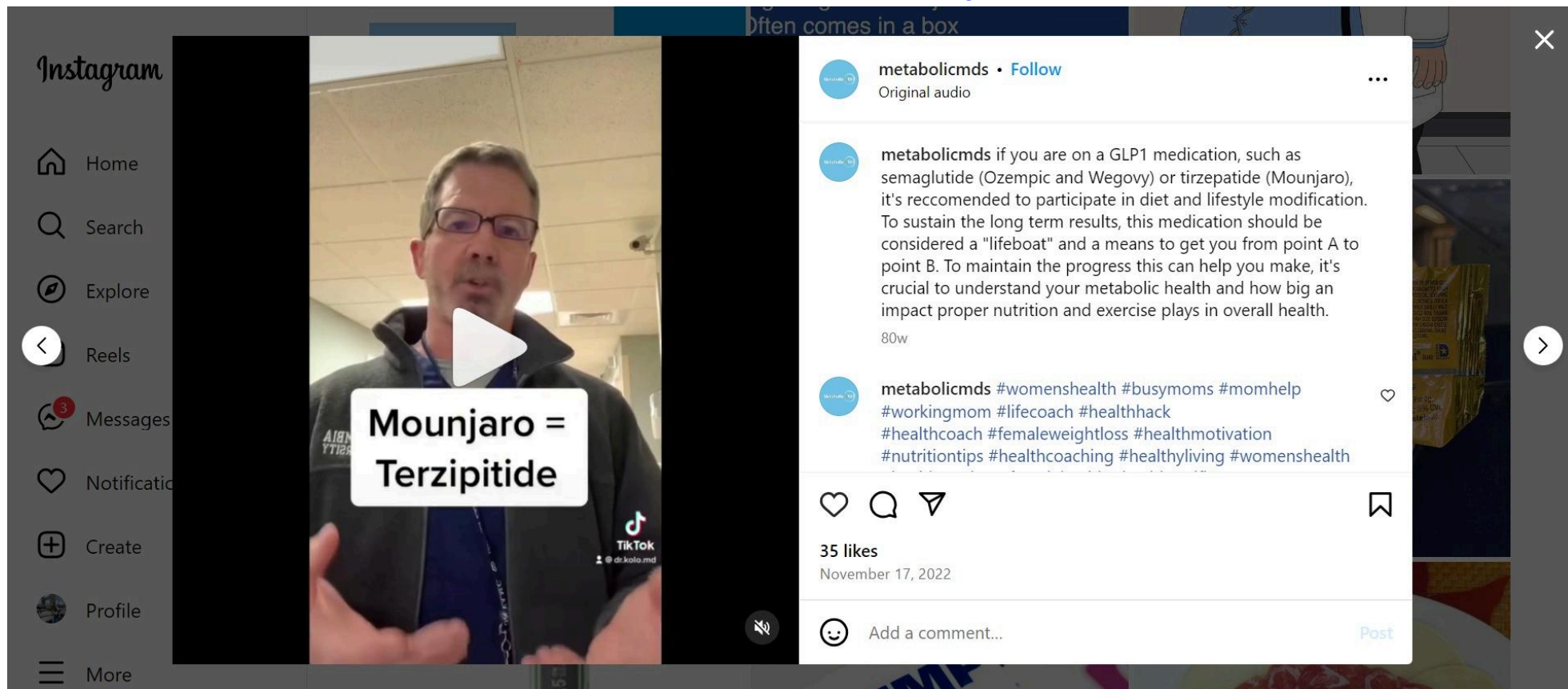
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NEW FDA APPROVED WEIGHT LOSS MEDICATIONS GLP-1

FOR DIABETICS	FOR NON-DIABETICS	GENERIC NAME
OZEMPIC	WAGOVY	SEMAGLUTIDE
MOUNJARO	ZEPBOUND	TIRZEPATIDE

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Dr. Paul Kolodzik spoke with Good Day Dayton about GLP-1 medications: their use, pros, cons, and if they may be a right fit for you. Check out the full segment at <https://dayton247now.com/good-day-dayton/new-fda-approved-weight-loss-medications#>.

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January 13

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THE CONTINUOUS GLUCOSE MONITOR REVOLUTION

Paul Kolodzik, MD
Emergency Medicine

Apr 25, 2024

Episode 174: Dr. Paul Kolodzik

Dr. Kolodzik is the author of "The Continuous Glucose Monitor Revolution," which provides a comprehensive guide on using CGMs for improved health and weight management. His passion lies in educating people about the benefits of continuous glucose monitoring and helping them achieve their weight loss goals using low-carb diets and other lifestyle changes. We are the Good Foodies Doctor on

If Using Ozempic/Wegovy, I Suggest You

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#MOUNJARO ❤️ tirzepatide is a newly approved FDA medication for weight loss in those with type 2 diabetes. Tirzepatide is the first medication in its class and comes as a once-weekly injection. It works by impacting your body's insulin levels, blood sugar production, and hunger hormones. Similar to Ozempic and Wegovy, Mounjaro works by slowing down digestion while helping you feel full faster. Combined with proper diet and lifestyle modification, those using Mounjaro lost around 20% of their body weight. Semaglutide medications are seriously life changing and can help you lose weight and improve your metabolic health. Interested to learn more about this medication and if you're a candidate? Request a free consultation by completing the new inquiry survey in our link in bio
#Semaglutide #tirzepatide #weightlossinjection #metabolicsyndrome #type2diabetes #DaytonOhio

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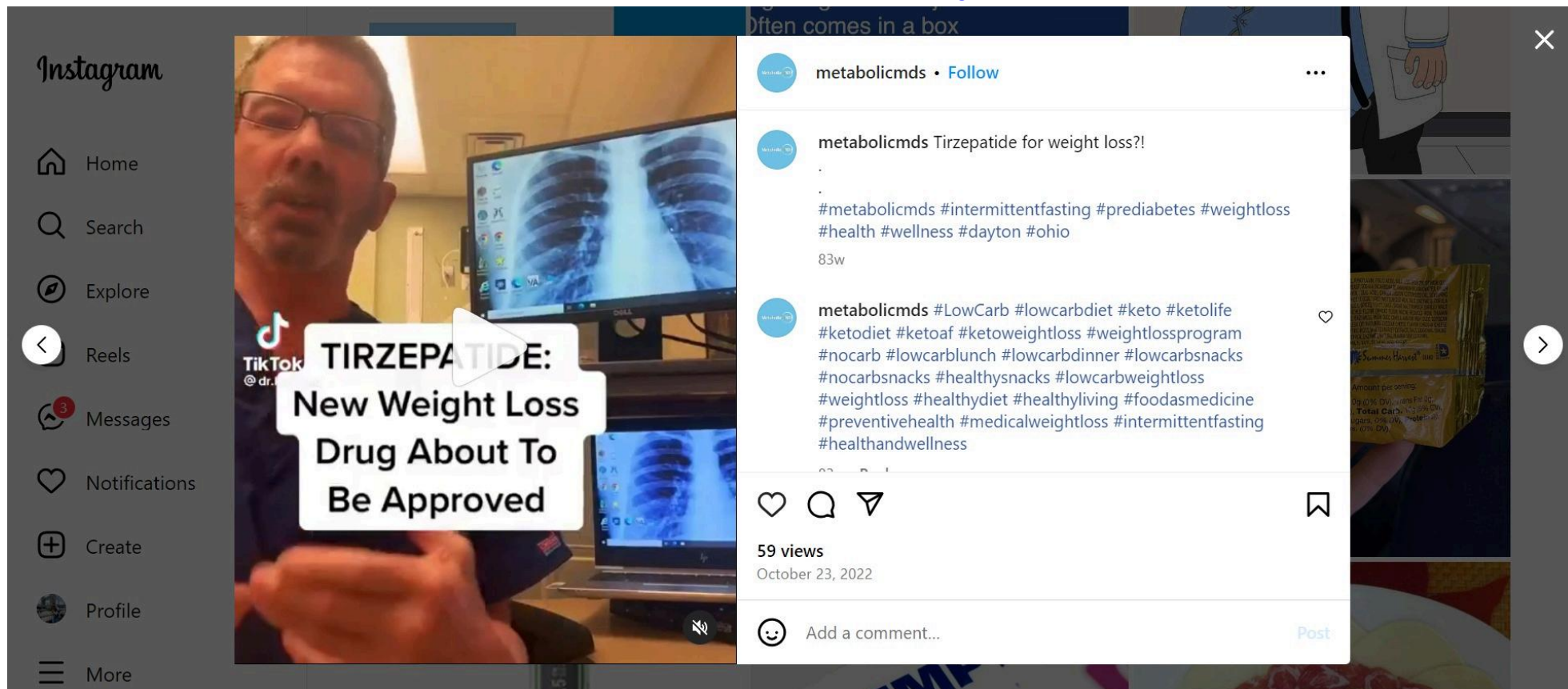
November 5, 2022

Add a comment...

Post

<https://www.instagram.com/p/CkmJws7v9LL/>

1/1



The image shows a screenshot of an Instagram post. On the left is the Instagram navigation bar with icons for Home, Search, Explore, Reels, Messages, Notifications, Create, Profile, and More. The main content area displays a video from a TikTok account named 'dr. metabolic'. The video shows a man with glasses and a mustache, wearing a dark shirt, sitting in front of a computer monitor. The monitor displays a chest X-ray. A white text box with a play button icon is overlaid on the video, containing the text: **TIRZEPATIDE: New Weight Loss Drug About To Be Approved**. To the right of the video is the post's metadata and caption. The username 'metaboliccmds' is followed by a 'Follow' button. The caption reads: 'Tirzepatide for weight loss?!' followed by several hashtags: #metaboliccmds #intermittentfasting #prediabetes #weightloss #health #wellness #dayton #ohio. Below the caption is the text '83w'. The post has 59 views and was posted on October 23, 2022. At the bottom of the post is a comment input field with a smiley face icon and the text 'Add a comment...'. The background of the Instagram interface is dark grey.

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TIRZEPATIDE: New Weight Loss Drug About To Be Approved

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83w

metaboliccmds #LowCarb #lowcarbdiet #keto #ketolife #ketodiet #ketoaf #ketoweightloss #weightlossprogram #nocarb #lowcarbblunch #lowcarbdinner #lowcarbsnacks #nocarbsnacks #healthysnacks #lowcarbweightloss #weightloss #healthydiet #healthyliving #foodasmedicine #preventivehealth #medicalweightloss #intermittentfasting #healthandwellness

59 views
October 23, 2022

Add a comment...

The image is a screenshot of an Instagram post. On the left is the Instagram navigation bar with icons for Home, Search, Explore, Reels, Messages, Notifications, Create, Profile, and More. The main content area shows a video thumbnail of a man with glasses in a medical setting, with a text overlay that reads "TIRZEPATIDE: New Weight Loss Drug About To Be Approved". To the right of the video is the post's interface, which includes the username "metabolicmds" with a "Follow" button, the caption "Tirzepatide-new weight loss drug to be approved! Dr. Paul explains. . #metaboliccmd #insulinresistance #lowcarbdiet #weightloss #health #wellness #dayton #ohio", and a comment from user "sbrdh5" asking about thyroid cancer risk. The post has 118 views and is dated October 19, 2022. At the bottom is a comment input field.

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TIRZEPATIDE:
New Weight Loss
Drug About To
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metabolicmds Tirzepatide-new weight loss drug to be approved!
Dr. Paul explains.
.
#metaboliccmd #insulinresistance #lowcarbdiet #weightloss
#health #wellness #dayton #ohio
84w

sbrdh5 Is there danger for thyroid cancer? My doc says no being we don't have the same things as lab rats they got it and it's a rare form and not to worry.
82w Reply

118 views
October 19, 2022

Add a comment... Post